



Eggs for The Desk Job

What a good egg does for a long day of screens, meetings and deadlines

Protein that gets you to lunch

One large egg has 6.3g protein. In a study, men who had eggs for breakfast felt fuller and ate less over the next 24 hours than after a bagel breakfast.

Source: [Nutrition Research \(Ratliff et al., 2010\)](#)

Choline for a clearer head

One egg holds about 147mg choline, a nutrient your brain and nerves use for memory, mood and muscle control, and every cell uses to build its outer membrane.

Source: [NIH Office of Dietary Supplements](#)

B vitamins for real energy

Eggs supply riboflavin, which your cells use as a coenzyme to turn the food on your desk lunch into usable energy all afternoon.

Source: [NIH Office of Dietary Supplements](#)

Support for screen tired eyes

Egg yolk is a well absorbed source of lutein and zeaxanthin. In one study, eating one egg a day for five weeks raised blood levels of both carotenoids, which build up in the eye and support long-term eye health.

Source: [Journal of Nutrition \(Goodrow et al., PubMed\)](#)

A rare food source of vitamin D

Desk jobs mean less midday sun, and low vitamin D is common among indoor workers. Egg yolk is naturally one of the few food sources of it.

Source: [PubMed review, office workers and vitamin D](#)

IN SHORT

A good egg keeps a Multan desk day running, from the first meeting to the last.

References

1. [Nutrition Research \(Ratliff et al., 2010\)](#) <https://pubmed.ncbi.nlm.nih.gov/20226994/>
2. [NIH Office of Dietary Supplements](#) <https://ods.od.nih.gov/factsheets/Choline-Consumer/>
3. [NIH Office of Dietary Supplements](#) <https://ods.od.nih.gov/factsheets/Riboflavin-Consumer/>
4. [Journal of Nutrition \(Goodrow et al., PubMed\)](#) <https://pubmed.ncbi.nlm.nih.gov/16988120/>
5. [PubMed review, office workers and vitamin D](#) <https://pubmed.ncbi.nlm.nih.gov/41978299/>



ORDER ON WHATSAPP

0312 4444925

freshyolk.com